

What are the aims and intentions of this curriculum?

Please write here

Term	Topics	Knowledge covered	Skills developed	Assessment
Autumn 1	Component 3 A1 Factors affecting health and wellbeing	<p>Definition of health and wellbeing</p> <p>Physical and lifestyle factors: genetic inheritance, including inherited conditions and predisposition to other conditions, ill health (acute and chronic), diet (balance, quality and portion size), amount of exercise, substance use, including alcohol, nicotine, illegal drugs and misuse of prescribed drugs, and personal hygiene</p> <p>Social, emotional and cultural factors: social interactions, for example supportive/unsupportive relationships and social integration/isolation</p>	<p>Identifying and explaining factors</p> <p>Applying knowledge</p>	<p>Mock paper</p> <p>Practice questions</p>
Autumn 2	Component 3 A1 Factors affecting health and wellbeing	<p>Social, emotional and cultural factors: stress, for example work-related pressure, willingness to seek help or access services, influenced by, for example, culture, gender and education</p> <p>Economic factors: financial resources</p> <p>Environmental factors: environmental conditions, for example levels of pollution, noise, conditions and location</p> <p>The impact of life events: relationship changes and changes in life circumstance</p>	<p>Applying knowledge</p>	<p>Mock paper</p> <p>Practice questions</p>
Spring 1	B: Interpreting health indicators B1 Physiological indicators B2 Lifestyle Indicators	<p>Understanding measuring Pulse (resting and recovery after exercise), Blood pressure, Peak flow, Body mass index (BMI)</p> <p>Using published guidelines to interpreting data relating to these physiological indicators</p> <p>The potential significance of abnormal readings: risks to physical health</p> <p>Interpretation of lifestyle data in relation to risks posed to physical health associated with lifestyle choices</p> <p>Interpreting lifestyle data on smoking, alcohol consumption and inactivity.</p>	<p>Interpreting data</p> <p>Drawing conclusions</p> <p>Determining indicators on health</p>	<p>Mock paper</p> <p>Practice questions</p>
Spring 2	C: Person-centred health and wellbeing improvement plans C1 Health and wellbeing improvement plans C2 Obstacles to implementing plans	<p>Recommended actions to improve health and wellbeing</p> <p>Short-term (less than 6 months) and long-term targets</p> <p>Appropriate sources of support (formal and/or informal)</p> <p>Potential obstacles to implementing plans</p>	<p>Developing a health improvement plan</p>	<p>Mock paper</p> <p>Practice questions</p>